



JR. LIFEGUARDS ADVANCED

Jr. Lifeguards fosters human development & provides recreational experiences

This course will put the skills from the Jr. Lifeguard Basics program to work while continuing to further train and prepare participants for the demanding job of lifeguarding. This course will introduce advance lifeguarding skills including, rescues, CPR and first aid. Participants will build their leadership and teamwork skills as well as training for the physical aspects of the lifeguarding job. Upon completion participants will have been introduced to the information and skills required to become a lifeguard.



Camp Details

Age: 12-15 yrs

Prerequisite: All participants must be able to swim at least 25 yards prior to the start of Junior Guards. Successful completion of Junior Lifeguard - Basic.

Fees: \$200 (R/GO)/\$250 (NR)

San Ramon Olympic Pool

DAY	TIME	DATES	Act. #
Mon-Thu	1:00pm - 4:00pm	7/21 - 8/14	89816

Dougherty Valley Aquatic Center

DAY	TIME	DATES	Act. #
Mon-Thu	1:00pm - 4:00pm	7/21 - 8/14	89817



How to Register

1. Online Registration at www.SanRamonRecGuide.com
2. Mail-In, Walk in or Drop-Off a registration form to 9900 Broadmoor Dr., San Ramon, CA 94583
3. Fax registration to 925-828-3427

For more information please call the San Ramon Olympic Pool at 925-973-3240.



SAN RAMON PARKS & COMMUNITY SERVICES

Creating Community through People, Parks, Partnerships & Programs

(925) 973-3200

www.SanRamon.ca.gov

Fax (925) 830-5162